



# 15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

□□□□

**Kay Giese**

□□: 100 Marathonclub Post SV Buxtehude  
 □□: 1003

□□: 160.00 km  
 100 Meilen

□□□□:  
 Senioren M50 (50-54) M

□□□: 23:35:34

□□: 6.78 km/h  
 □□□□: 8:50 min/km

□□□□□/□□□: 25 (of 70)

□□□□□/□: 24 (of 63)

□□□□□□: 17:03:47

□□□□□: 5(of 14)

□□□□□□□: 20:16:29

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:15:25	7:30	11	1:10:37	36	1:39:50	42.00	5:15:25	7:30	11	1:10:37	36	1:39:50	
Sondra	28.00	4:42:07	10:04	11	54:55	34	1:21:32	70.00	9:57:32	8:32	10	1:45:19	33	2:59:57	
Glasbachwiese	17.00	2:49:42	9:58	8	27:20	28	51:17	87.00	12:47:14	8:49	11	2:41:39	32	3:37:56	
Floh-Seligenthal	27.00	3:49:43	8:30	4	37:57	20	1:04:41	114.00	16:36:57	8:44	10	3:19:36	31	4:27:20	
Finsterbergen	24.00	3:30:02	8:45	5	14:27	18	1:08:21	138.00	20:06:59	8:44	9	3:34:03	29	5:20:34	
Fröttstädt	22.00	3:28:35	9:28	4	3:28:35	20	3:28:35	160.00	23:35:34	8:50	5	3:19:05	24	6:31:47	